

presenter

Kathryn J. Zerbe, MD is Training and Supervising Analyst, Oregon Psychoanalytic Center; Supervising Analyst, Institute of Contemporary Psychoanalysis, Los Angeles; and Clinical Professor of Psychiatry, Oregon Health Sciences University. Author of 4 books and over 150 papers, chapters, and reviews, she speaks nationally and internationally on topics such as eating disorders, resilience, therapeutic action, and creative growth over the lifecycle. Her books *The Body Betrayed: Women, Eating Disorders and Treatment* (1993/1995) and *Integrated Treatment of Eating Disorders: Beyond the Body Betrayed* (2008) are considered landmark contributions in the field. For her clinical, educational, and scholarly contributions, Dr. Zerbe has received numerous awards including the Alexandra Symonds Award from the American Psychiatric Association, the Edith Sabshin Teaching Award from the American Psychoanalytic Association, and the Lifetime Achievement Award from the National Eating Disorder Association. She maintains a private practice in Portland, Oregon.

continuing education

This program meets criteria for 5.25 hours of CE credits for Psychologists. Participants must attend the entire event. Upon completion of the program and an evaluation form, an attendance certificate will be provided. This intermediate level program is open to all interested mental health professionals.

If participants have special needs, we will attempt to accommodate them.

Questions, concerns, or to inquire about scholarships, contact:

Dr. Helene Barab, 520-290-3606,
hbarab9@gmail.com

agenda

- 9:00 The impact of secrets on the soma: Traditional and contemporary psychodynamic perspectives.
- 10:15 Q & A
- 10:30 Break
- 10:45 Extended case example: Working with embodied countertransference and the 'no-entry' and omnipotent defenses.
- 11:45 Q & A
- 12:00 Lunch
- 1:15 Selected case material: Eating disorders, addiction and autoimmune reactivity illustrating pathological accommodation, denial of death and "knowing what you are not supposed to know".
- 2:15 Q & A
- 2:30 Break
- 2:45 Summing up the secret life of keeping secrets: Emerging neuropsychanalytic findings, the skin ego, autistic phenomena and the 'The Uncanny' in everyday practice.
- 3:30 Adjourn

learning objectives

Attendees to this workshop will be able to:

1. Recognize how conscious and unconscious secrets impact the body of both patient and therapist.
2. Explore how what is 'hidden, but in plain sight' undergirds psychosomatic dysregulation, eating disorders and addictive pathologies.
3. Consider the common mechanisms of omnipotence, denial of death, 'no-entry' defense and pathological accommodation.
4. Be able to address secret keeping in psychotherapy by recognizing and working on embodied/somatic countertransference reactions.

suggested readings

1. Bowlby, J. (1979). On knowing what you are not supposed to know and feeling what you are not supposed to feel. *Canadian Journal of Psychiatry* 241, 403-408.
2. Zerbe, KJ (2015). Psychodynamic Issues in the Treatment of Binge Eating Disorder: Working with Shame, Secrets, No-Entry, and False Body Defenses. *Clinical Social Work Journal*. 44:1, 8 - 17.
3. Zerbe, K. J. (2019). The Secret Life of Secrets: Deleterious Psychosomatic Effects on Patient and Analyst. *Journal of the American Psychoanalytic Association*, 67:1, 185 – 214.

Contact azswpsych@gmail.com if you would like copies of the readings emailed to you.

registration

Kathryn J. Zerbe, MD

When Secrets Emerge: Unrecognized Impact on Patient, Therapist, the Body, and the Treatment

November 9, 2019, 9:00 am to 3:30 pm
registration 8:30 to 9:00 am

Hacienda del Sol Guest Ranch Resort
5501 N. Hacienda del Sol Rd.
Tucson, AZ

NAME _____ DEGREE _____

ADDRESS _____ CITY/STATE/ZIP _____

PHONE _____ EMAIL _____

If you are not on our email list for upcoming Society events and news, would you like to be?
----- Yes -----No

PLEASE CIRCLE THE CORRECT FEE.

Pre-registration fee - register by November 2, 2019
Pre-registration includes lunch.
SPS Members \$170 Non-Members \$185
Candidates and Residents \$110
Students \$65 Non-Member Students \$70

Registration received after November 2, 2019
SPS Members \$180 Non-Members \$195
Candidates and Residents \$120
Students \$75 Non-Member Students \$80

You may register at the door.

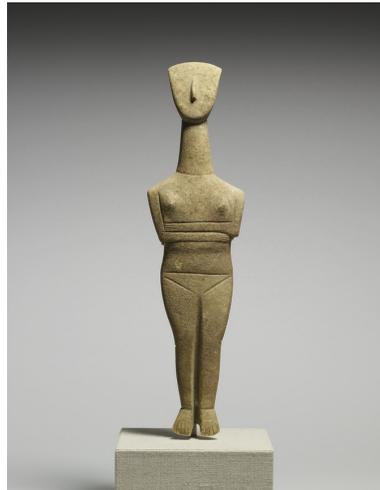
An administration fee of \$25 will be charged for cancellations made by November 2nd. There will be no refunds for cancellations after that date.

Payment Method Amount: \$ _____
-----Check (preferred) - payable to SPS.
-----Visa -----MC -----Discover
Credit Card # _____
Exp Date _____

Mail registration to: Helene Barab, PhD
1998 N. Kolb Rd.
Tucson, AZ 85715-4005

Presents

Kathryn J. Zerbe, MD



When Secrets Emerge: Unrecognized Impact on Patient, Therapist, the Body, and the Treatment

**November 9, 2019
9:00 am to 3:30 pm**

**registration and continental breakfast
8:30 - 9:00 am**

**Hacienda del Sol Guest Ranch Resort
5501 N. Hacienda del Sol Rd.
Tucson, AZ 85718**

visit our website at www.swpsychoanalytic.org

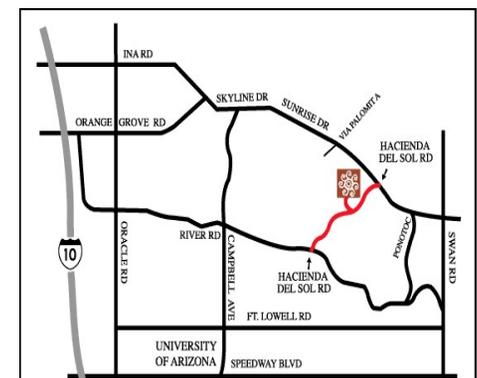
program description

Understanding the impact and complex nature of keeping secrets deserves additional scrutiny within psychotherapy. Shame, the ‘no-entry’ and omnipotent defenses, denial of death, and pathological accommodation underlie conscious and unconscious secret keeping that may play a pivotal role in the development of eating disorders, addiction, and psychosomatic reactivity. Clinical material helps demonstrate some of the untoward effects of collusion and concealment. Embodied countertransference reactions may also herald the revelation of a secret in treatment that was previously hidden, but in plain view. Secrets appear to exert their profound psychological and physical effects on patient and analyst by biological mechanisms that are as yet poorly understood yet readily observed in clinical practice. Psychotherapists who keep in conscious awareness both the adaptive value and potential tolls of maintaining the multifarious confidences of others over the course of our career are in a better position to assist patients and ourselves in rendering essential self-care.

location and directions

From Phoenix, take I-10 East to the Orange Grove exit. Turn left (East). Continue to Skyline (traveling East). Turn Right. Skyline Dr. then becomes Sunrise Dr. Proceed east on Sunrise Dr. to Hacienda Del Sol Rd. (first street past Via Palomita). Turn right on Hacienda del Sol Rd. Turn right at 5501 Hacienda Del Sol Rd. to Hacienda del Sol Guest Ranch Resort.

From River Road, go north on Hacienda Del Sol to 5501 Hacienda del Sol Rd. (1.8 mi) to Hacienda Del Sol Guest Ranch Resort.



**SPS
3504 Highway 153, PMB 304
Greenville, SC 29611-7553**